Yoga Therapy as an Adjuvant in Management of Asthma: Correspondence

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To the Editor: We read with great interest the article “Yoga Therapy as an Adjuvant in Management of Asthma” by Yadav et al. [1], in your esteemed journal. It is a succinctly written paper and we commend the authors for it. This is an area of interest for us as we are presently pursuing a similar study, and we would like to add a few points that we feel would enrich this article further.

Bronchial asthma is a multifactorial disease in which emotional factors also plays a role. Evidence suggest that emotional stress can precipitate or exacerbate both acute and chronic asthma. Yoga being a relaxation therapy, has shown benefits in reducing stress, and thereby relaxing muscles to improve lung function. It has also been shown to improve cardiorespiratory parameters in children as a secondary effect to decrease anxiety [2].

Apart from this, *sahaja* yoga has been shown to cause improvement in airway hyper-responsiveness and some aspects of impairment of Asthma Quality of Life Questionnaire (AQLQ) in the patients with asthma, who had remained symptomatic despite being treated for 6 wk with moderate and high doses of inhaled steroids. The magnitude of beneficial change in airway hyper-responsiveness with yoga intervention is approximately equivalent to that attributed to inhaled corticosteroids in patients with asthma [3].

Some studies indicate that yoga seems to stabilize and reduce the excitability of the nervous system. Physiological changes were seen in patients who practiced yoga daily and they seem to have a stabilizing effect on bronchial reactivity,

making vagal efferents less excitable [4]. It has also been effective in decreasing the number of asthma attacks and the use of drugs, especially salbutamol puffs [5].

Declarations

Conflict of Interest None.

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